

Strictly Cha

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rob Fowler (ES) - November 2008
音樂: If He Should Ever Leave You - Tom Jones



Side Rock Recover, Sailor Quarter Turn, Step $\frac{3}{4}$ Turn, Side Chasse.

1-3 Step left to left side (1) rock right over left (2) recover back onto left (3)
4&5 Right sailor step with a quarter turn to the right (RLR)
6,7 Step forward left $\frac{3}{4}$ turn to the right
8&1 Left side chasse (LRL)

Rock Step Recover, Cha Cha Forward, Rock Recover, Lock Step Back

2,3 Rock back onto right, recover forward onto left
4&5 Right cha cha forward (RLR)
6,7 Rock forward left, recover back onto right
8&1 Step back onto left, cross right over left, step back onto left.

$\frac{1}{4}$ Turn Touch, $\frac{1}{4}$ Turn Flick, Cha Cha Forward Step $\frac{3}{4}$ Spiral, Side Chasse.

&2&3 Make $\frac{1}{4}$ turn to right stepping right to right side, touch left out to left side, make $\frac{1}{4}$ turn to left stepping onto left foot, flick right foot up
4&5 Right cha cha forward (RLR)
6,7 Step forward onto to left, $\frac{3}{4}$ turn to the right
8&1 Right side chasse (RLR)

Rock Recover, Chasse Hip Bumps

2,3 Rock left over right, recover back onto right
4&5 Left side chasse (LRL)
6-8 Bump hips right, bump hips left, bump hips right

Start Over
